

SMALL GROUP – PANAMA (LAND TOUR) ITINERARY

(May 4 – 10, 2026)

MAY 4, 2026 – ARRIVAL IN PANAMA

Meet & Greet Tocumen International Airport in Panama City (PTY)

- Upon exiting the airport, you will be met by your driver holding a sign with Traveling Texans 50+ logo.
- Your guide will accompany you through Immigration and Customs using priority/diplomatic lines. If luggage is delayed, enjoy the VIP lounge while your bags are collected.
- You will then be escorted to your private transportation to the hotel.

Hotel – Sofitel Legend Casco Viejo

- **Location:** Heart of Casco Viejo, UNESCO World Heritage Site, beachfront with French-Panamanian luxury.
- **Check-in:** 3 PM | **Check-out:** 12 PM
- **Amenities:** Wi-Fi, gym, pool, recreation areas, cable TV, A la Carte breakfast.

MAY 5, 2026 – PRIVATE FULL-DAY PANAMA CITY TOUR

Tour Highlights: Miraflores Locks, Biomuseo, Casco Viejo

- Pick-up: 7:30 AM from hotel
- Visit Panama Canal at Miraflores Locks – watch ships pass and explore the visitor center.
- Drive through the former Canal Zone and visit the Biodiversity Museum on Amador Causeway.
- Enjoy lunch and a walking tour in historic Casco Viejo.
- Return to hotel: ~3:30 PM

Includes: Water, bilingual guide, transportation, entrance fees, lunch

Bring: Comfortable shoes, light clothing, hat, sunscreen, water bottle, light raincoat

Duration: ~8 hours

MAY 6, 2026 – EMBERA INDIGENOUS VILLAGE & GATUN RIVER

- Pick-up: 9 AM from hotel, 90-min drive to Gatun River
- Travel by motorized canoe to Embera village – observe local wildlife along the river.
- Experience traditional Embera dances, customs, schooling, and crafts.
- Traditional Embera lunch included.
- Return to Panama City: 3 PM

Includes: Bilingual naturalist guide, traditional lunch, park entrance fees, transportation

Bring: Hat, water bottle, sunscreen, insect repellent, light clothing, light raincoat, comfortable shoes, cash for handicrafts

MAY 7, 2026 – BEACH ESCAPE TO PEARL ISLANDS

- Early morning pick-up from hotel, 20-min transfer to Flamenco Marina
- 90-minute catamaran ride to Isla Bolaños – view Panama Canal facilities and Bridge of the Americas en route
- Day pass includes beach chairs, changing areas, snacks, lunch (for guests 5+), and optional activities like snorkeling or SUP.
- Return to Panama City: ~5:30 PM

Bring: Beach towel, swimwear, snorkel gear, hat, water bottle, sunscreen, light clothing, light raincoat

Duration: ~8 hours

MAY 8, 2026 – FREE DAY / OPTIONAL ACTIVITIES

- Optional Cooking Class: \$200 per person
 - Partial Canal Transit: \$250 per person
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MAY 9, 2026 – PANAMA CANAL RAINFOREST BOAT ADVENTURE

- Pick-up: 8 AM from hotel, 45-min drive to Gamboa
- Explore Gatun Lake & Panama Canal by expedition boat – observe cargo ships, wildlife (sloths, monkeys, iguanas, toucans)
- Picnic lunch on board
- Return to hotel: ~1 PM

Includes: Bilingual naturalist guide, picnic lunch, water, transportation

Bring: Hat, water bottle, binoculars, sunscreen, insect repellent, light clothing, raincoat, comfortable shoes, cash for crafts

MAY 10, 2026 – DEPARTURE

- Private transfer from hotel to Tocumen Airport (PTY) in air-conditioned van (~25 mins)
- Terminal 2 (COPA, KLM, Air France, United): Door P17
- Terminal 1 (other airlines): Panama Tourism Board Information Desk near doors P3–P4

Goodbye from Panama!

It's been a pleasure hosting your journey – safe travels home!